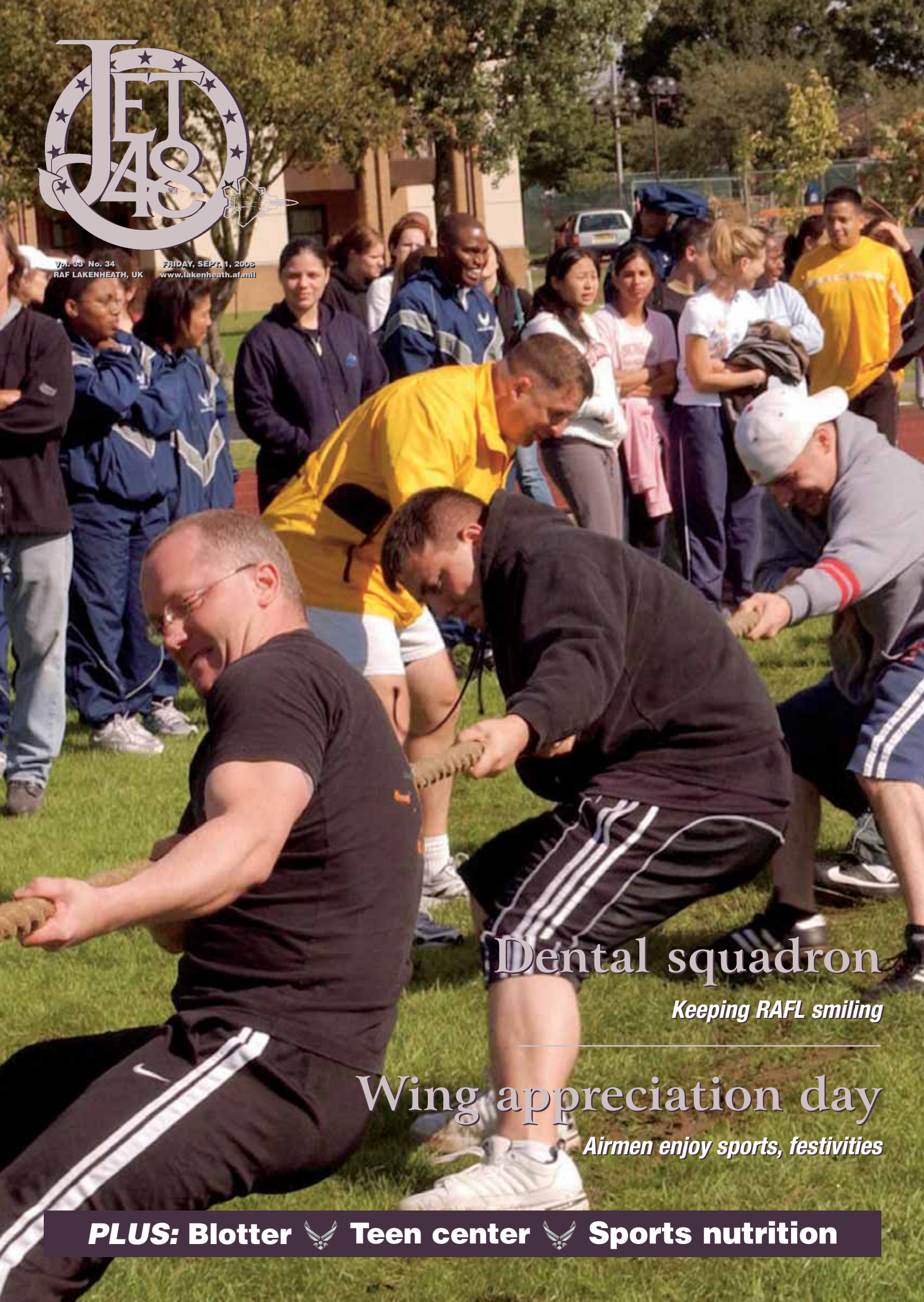




Vol. 33 No. 34
RAF LAKENHEATH, UK

FRIDAY, SEPT. 1, 2005
www.lakenheath.af.mil



Dental squadron

Keeping RAFL smiling

Wing appreciation day

Airmen enjoy sports, festivities

PLUS: Blotter  **Teen center**  **Sports nutrition**



JET 48 Vol. 33 No. 24
Friday, Sept. 1, 2006

**"Anywhere, Anytime ...
Whatever needs done."**

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48th Fighter Wing commander

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AT A GLANCE



Photo by Airman 1st Class Jessica Snow

The Sawyer family from RAF Lakenheath was awarded the cash value of a Hummer H3 from the Burger King General Adventure Game, Wednesday.

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DUI STATISTICS

Last DUIs:

- ☐ 12:40 a.m., Aug. 20
- ☐ 4:45 a.m., Aug. 20
- ☐ 6 a.m., Aug. 20

Squadron:

- ☐ 48th Aircraft Maintenance Squadron
- ☐ 48th Logistics Readiness Squadron
- ☐ 48th Comptroller Squadron

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AND DRIVE!**



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Saturdays and Sundays
on three-day weekends.
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280 178.

DUI condition: RED

Courtesy of the 48th Fighter Wing Safety Office

ON THE COVER:

*The 48th Communication Squadron muscled up during a tug-o-war contest at wing appreciation day, Monday.
(Courtesy photo)*

101 Critical Days of Summer: *Not done yet*

BY BRIG. GEN. ROBERT P. STEEL

48TH FIGHTER WING COMMANDER

The tell tale signs of autumn's approach are everywhere. While the morning chill is the most obvious, other subtle signs include the school supplies-stocked base exchange and color-streaked leaves on trees and yards. Although the leaves will soon change completely and scatter along our streets and gardens, fall isn't here yet – and the 101 Critical Days of Summer aren't over yet, either.

Labor Day, Sept. 2, marks the end of the Air Force's 101 CDS campaign. Historically, the days between Memorial Day and Labor Day mark an increase in Air Force mishaps. Many factors contribute to the rise in accidents and fatalities during the summer months, but the primary reasons are an increase in travel associated with vacationing/summer holidays and increased participation in recreational activities.

Vehicle accidents, some nearly fatal, and an increase in DUIs have plagued our wing this summer. Although I understand accidents happen, most are avoidable with common sense and proper planning. As you enjoy your time off this long Labor Day weekend, please heed the following advice so we can avoid further 101 CDS incidents:

Alcohol consumption – Zero alcohol-related incidents, our wing goal, can be achieved in three ways: not drinking, not driving if you do drink, and if you do drink, consuming no more than one unit of

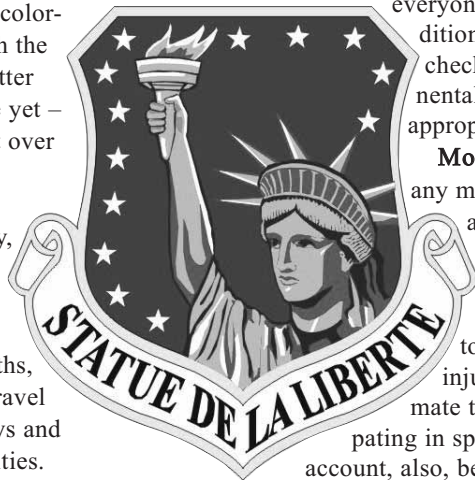
alcohol per hour and no more than three units of alcohol per night. Remember, ZOT is not a formula to know when you can get behind the wheel after drinking, but it is a way to keep other alcohol-related incidents from happening.

Traveling – Be sober, be vigilant and be well-rested. Ensure everyone wears a seat belt if traveling by car, and road conditions, weather conditions and vehicle conditions are checked before departure. Airmen traveling to the continental Europe must submit a leave form or Liberty Pass, if appropriate, to their commander for approval.

Motorcycles and all-terrain vehicles – Don't operate any motorbike or ATV without proper training and personal protective equipment. The rule of thumb on the road is to assume you are invisible to everyone around you.

Outdoor activities – Ensure you are physically fit to participate in the activities you undertake. Many injuries and accidents occur because Airmen overestimate their ability, skills or physical stamina when participating in sports and outdoor adventures. Take the weather into account, also, because conditions can be dramatically different from area to area. Avoid prolonged exposure to the sun, use sunscreen and drink plenty of water; conversely, pack rain and cold weather gear as appropriate.

Simply put, ask yourself what could go wrong and plan for it. Most mishaps involve alcohol, fatigue, darkness, bad weather, poor judgment or inappropriate risk-taking. Apply the risk management principles you practice every day on the job to your personal lives this weekend. You've earned your time off, so take this last hurrah of summer to relax and enjoy yourselves, but do it safely by making smart decisions.



ACTION LINE



The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 226-2324, fax 226-5637, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09461-0215) or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number and full APO mailing address. Names are confidential.

My husband and I are expecting our second child in September and decided to put ourselves on the base housing list for a three-bedroom house. We were informed we would not be able to move into base housing until our child was born and we showed them a birth certificate. I think it is ridiculous we would not be offered a house until the baby was born and we showed a birth certificate.

I could understand if you had to wait until after your first trimester of pregnancy, but after that it makes no sense. I think every new parent would agree with me when I say that right after you have a baby, you don't want the hassle of moving into a new house. It would be much easier if we were able to move in before the baby was born so we can set up a nursery instead of trying to find an alternative because we do not have enough room in the house we live in now.

I understand your desire to prepare as much as possible prior to your baby's birth. Unfortunately the Air Force instruction is very specific on military family housing eligibility.

Per AFI 32-6001, paragraph 5.9.4, "Family housing occupants gaining an additional entitlement, such as an increase in dependents, maturation of children or promotion to a higher grade category within 12 months, may apply for family housing commensurate with the new entitlement before the effective date of the event. They will be by-passed for assignment until the event occurs."

Therefore, until your baby is born and you possess the command sponsorship and birth certificate, our housing office cannot offer you a larger home. I wish your family the best during the remainder of your pregnancy and upon the birth of your new baby. If you have any questions with respect to the wait list, call the housing office at 226-6099.

AFOSI seeks new special agents

BY SPECIAL AGENT BERNARD MOKUAHI

AIR FORCE OFFICE OF SPECIAL INVESTIGATIONS
51ST FIELD INVESTIGATIONS SQUADRON

Airmen looking to cross train have the opportunity to learn about becoming a special agent with the Air Force Office of Special Investigations. Special Agent Recruiters from the Headquarters, Air Force Office of Special Investigations, Andrews AFB, MD, will be conducting a two-day recruiting event Sept. 11 through 12 from 8 a.m. until 4 p.m. at Building 442, Room C. The initial briefing on the first morning is open to anyone who is interested in AFOSI. Spouses are encouraged to attend.

The recruiting event focuses on enlisted airmen. However, personnel interested in applying to AFOSI as an officer or civilian may attend the briefing. The recruiter will be available to answer questions for officers and civilians, but will not process their applications.

Eligible enlisted applicants should be prepared to spend the entire first day completing required forms and tests. Applicants who successfully complete the first day will be scheduled for an interview the following day. Note: you must be available for both days and must attend the first day in order to be considered for the interview on the second day. Interested enlisted individuals, who attend the Sept. 11 briefing, need to bring a Records Review RIP.

Special agents are all volunteers. Their mission entails investigating felony crimes against

persons and property, defeating and deterring base-level and contract fraud, combating threats to Air Force information systems and technologies and providing Air Force counterintelligence support. Applicants with foreign language, computer and technical skills are among those highly sought after by the AFOSI.

Eligibility:

Senior airmen with less than six years time in service, staff sergeants through master sergeants with outstanding records and fewer than 12 years of military service are eligible. Senior airmen must be in their cross training window – 35 to 43 months for four-year enlistees and 59 to 67 months for six-year enlistees. Members must have at least 18 months time-on-station, which is waiverable. Applicants should have more than 12 months remaining on their DEROS.

Officer applicants must have less than 12 years Total Active Federal Military Service and less than six years Total Active Federal Commission Service to apply. The Air Force Personnel Center must agree to release officer applicants in order to apply. More information can be found online at the AFPC Web site, <http://ask.afpc.randolph.af.mil/>. For more information on AFOSI special agent duty prior to the team's visit, go online to <http://public.afosi.amc.af.mil> or contact SA Mokuahi, AFOSI, 51st Field Investigations Squadron at 238-2857 or bernard.mokuahi@ogn.af.mil.

Annual Combined Federal Campaign kicks off

RANDOLPH AIR FORCE BASE, Texas - The 2006-2007 Combined Federal Campaign runs for six consecutive weeks Sept. 1 through Dec. 15 for both continental United States and overseas bases.

The Local Federal Coordinating Committee will establish exact dates and campaign goals in each geographic area; this information will be available through installation CFC project officers.

Last year, federal employees and military personnel reached into their pockets to donate a record setting \$268 million to the CFC. Contributions can be in cash, check or by payroll deduction.

Military and civilian personnel who are deployed or will be deployed during the campaign will participate in the overseas CFC at their deployed location where they will have access to the same national and international charities. Those people who wish to donate to

local charities may donate to charities at the deployed location, or if married, they may obtain a spousal CFC power of attorney to complete local contribution forms at their home base.

The CFC was established in 1961 and is the largest workplace charity campaign in the country. This annual fall fund-raising drive allows nearly 4 million federal employees and military personnel to contribute to thousands of local and national nonprofit organizations.

On average, one in four federal employees or their dependents will benefit from the CFC charities this year alone, according to CFC officials. Donors may designate which charities receive their money by filling out a pledge card.

For information contact Capt. Amy Kiba at 226-2393 or visit The CFC Web site at www.opm.gov/cfc.



Liberty SFS blotter

The 48th Security Forces Squadron handled the following incidents from Aug. 21 to Aug. 27.

Aug. 21: Security forces responded to a verbal altercation in billeting.

Aug. 22: A family member was involved in a minor vehicle accident in Cambridge.

Aug. 23: Security forces responded to a fire alarm in base housing.

Aug. 24: An NCO reported his vehicle damaged while it was parked in front of the youth center.

Aug. 24: An Airman was apprehended for patronizing a prostitute in Ipswich.

Aug. 25: An Airman was apprehended for breaking a window in Dormitory 941.

Aug. 25: An NCO reported several items stolen from his home in Lakenheath Village.

Aug. 26: An Airman was involved in an assault at a night club in Ely.

Aug. 26: Two Airmen were involved in an assault at a night club in Cambridge.

Aug. 27: An Airman reported his vehicle damaged while it was parked in front of the 800 series dormitories.

If you have any information concerning any incident, call the security forces control center at 226-2333, (01638) 522 333 or 226-4800, or call your first sergeant. For an emergency on base call 911, and for an emergency off base call 999.

—Liberty Achievements—



Congratulation to Lt. Col. James J. McGovern, 492nd Fighter Squadron, for his selection to Colonel.



Photo by Senior Airman Kristi Emler

Tech. Sgt. Dennis Leon conducts a periodic oral exam on Senior Airman Lauryn Hashem at RAF Lakenheath, England, on July 31. The exam includes a cleaning, scaling, polishing, flossing, fluoride treatment and instruction on proper oral hygiene. Sergeant Leon is the the NCO in charge of preventive dentistry for the 48th Dental Squadron. Airman Hashem is an aircrew life support journeyman for the 492nd Fighter Squadron.

Keeping RAFL's teeth pearly white

BY SENIOR AIRMAN WES AULDRIDGE

48TH FIGHTER WING PUBLIC AFFAIRS

"Wartime Readiness ...Optimal Oral Health," is the mission statement of the 48th Dental Squadron, which serves patients in the tri-base area.

The 48th DS, one of the largest dental squadrons in the Air Force, comprises 114 members, and maintains patient care for 8,000 active duty servicemen and women and approximately 10,000 command-sponsored family members. The squadron also accepts referrals from all of the United Kingdom bases as well as bases in Portugal, Spain and Turkey.

"We are authorized 30 dentists, but as is so common these days we are only getting 25 this year. We are also lucky enough to have Tech. Sgt. Alycia Miller, one of the first enlisted members to become a registered dental hygienist," said Senior Master Sgt. Tracy Putt, 48th DS superintendent.

The squadron's four flights include the clinical flight, which provides dental treatment; the support flight, which provides X-rays, instrument sterilization and front desk support; the RAF Mildenhall flight, which maintains an active duty only clinic; and the lab flight, which makes all patient's crowns, bridges and retainers. There is also an on-call staff that is available to treat dental emergencies 24 hours a day.

"We provide all the dental services you would find in any big

city under one roof," said Col. Douglas Wilson, the squadron commander. "Most people only visit us for an exam and cleaning, but we have two oral maxillofacial surgeons, an endodontist, a pediatric dentist, two orthodontists, a prosthodontist, a periodontist as well as a staff of excellent general dentists to meet your needs."

In the last year, the clinic provided more than 43,000 appointments and performed more than 150,000 clinical and laboratory procedures. In the civilian sector, this care would have cost about \$12 million, said Sergeant Putt.

Airman 1st Class Sandy Lieu, 48th DS pediatric prophylaxis technician, finds her job exciting, especially working with her younger patients.

"I love to see their faces when I clean their teeth and in the end they smile and say, 'Wow my teeth feel so much cleaner,'" she said. "Getting the opportunity to educate my patients and their parents on oral hygiene is the most rewarding part of work each day."

Airman Lieu and Sergeant Putt agree being part of an outstanding team is what makes the 48th DS a great place to work.

"We have a dedicated team that consistently rises to the challenge. Just recently we had a surge in exams for the upcoming deployment," said Sergeant Putt. "The clinic completed 518 examinations, cleanings and all the extra fillings those exams generated in addition to our normal operations; all while we were half-staffed during the summer rotations. The entire staff pulled together to get our warfighters ready to deploy."



Photo by Master Sgt. Lance Cheung

Airman 1st Class Matt Aggers (left) and Staff Sgt. Randy Broome perform a final check of the stowed twin wings on four ground-training Guided Bomb Unit-39 small-diameter bombs loaded on an F-15E Strike Eagle here, Aug. 1.

Small-diameter munitions ready for war on terror

BY CAPT. BOB EVERDEEN

AERONAUTICAL SYSTEMS CENTER
PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE

BASE, Ohio — Four major acquisition programs — developed in parallel — have come together to provide Air Force F-15E Strike Eagle crews with a revolutionary capability that combines accuracy and reduced collateral damage.

Military and civilian employees in seven locations worked together developing the four new capabilities — small-diameter munitions, advanced display core processor, joint mission planning system and the operational flight program software, better known as Suite 5. The final, combined product, which includes four additional smart weapons stations, was delivered to Air Force pilots at Royal Air Force Lakenheath, England, last month, eight weeks ahead of schedule and \$26.9 million under budget.

“If you would have put all of us in a room last summer and asked us how we were going to make (the deadline), we probably would’ve said, ‘This is new territory for all of us,’” said George Spencer, the 912th Aeronautical Systems Group director in charge of F-15 systems here. “Because of all the things going on, there were some significant hurdles we had to overcome, but we had a team of seven organizations that were fully committed to making this program succeed.”

The key capability delivered to warfighters

is the GBU-39 250-pound small-diameter munition — a munition capable of raining pinpoint precision explosions on enemy targets from 60 miles away while minimizing collateral damage.

“Previously in urban warfare, forces surrounding a building with insurgents or terrorists inside had two choices: air strikes to destroy the building, which created significant damage to nearby structures; or sending in ground troops, putting their lives at risk,” said Col. Richard Justice, the 918th AESG commander and small-diameter munition program manager at Eglin AFB, Fla. “U.S. military rules of engagement dictate that we avoid or minimize death or injury to innocent people ‘next door.’ F-15s equipped with these four new capabilities can send in a much smaller munition, which can strike within six feet of the aim point.”

In July, the first F-15Es were fitted with a training version of small-diameter munition racks with electronics that allow jets to drop simulated munitions. After one of the sorties, Lt. Col. Will Reese, the 494th Fighter Squadron commander at RAF Lakenheath said, “Our four-ship (of F-15s) hit 16 targets with 16 munitions in one pass. In Operation Desert Storm you could expect one plane loaded with six munitions to destroy one target. Now we can use one munition per target, and each aircraft can carry up to 16 munitions.”

Getting to that milestone was not easy. One

program had many technical and programmatic problems to be resolved; and simultaneous development of two major software packages and two complex hardware programs was challenging for all. Behind all of the troubles was an unrelenting reminder that if one of the four programs was not ready on time, the entire endeavor was at risk.

“It was a tremendous effort by the overall Air Force Materiel Command enterprise team that required a phenomenal amount of communication and coordination to bring all these interrelated capabilities together at the right time,” said Lt. Col. Ed Offutt, the 912th AESG Strike Eagle team leader. “If any team member made a change, it had to be communicated to everyone else because it could affect their progress as well.”

The allocation of requirements to the contractor team at Boeing and its major supplier, Honeywell, to develop the new capability was driven by a vision of weapon system capability for warfighters.

“Integrating a new, complex (operational flight program) with a new core processor and precision weapon was a great challenge,” said Nanette Soehngen, Boeing’s F-15 Development Programs manager. “Boeing and Honeywell are very proud to be part of the Air Force team that got it done.”

At the same time, the small-diameter munition team was completing a development program of 42 launches with a 95-percent success rate, on cost and on schedule.



Lincoln Nora and Keith McCauley play video games at the teen center. The teen center gives the local youth a place to hang out with friends and offer, extra curricular activities to keep them entertained.

The teen center revamped

STORY AND PHOTO BY VERLA D. DAVIS

48TH FIGHTER WING PUBLIC AFFAIRS

Since opening in its new location, the RAF Lakenheath Teen Center is reviving programs and creating new ones to keep youth ages 13 to 18-year-old off the streets and very busy.

"There are not a lot of things for them to do around here which is why it is easy for them get into things or do things that are not so good," said Roderick Clarke, teen center director. "We hope our planned events will give them plenty to do."

The teen center's mission is to create and maintain high standards of health, education, character and citizenship in order to meet the responsibilities of the democratic way of life.

Previously located in the housing area near the youth center, the facility could only hold about 35 persons in one big room at one time. Now, centrally located in the old fitness center, Building 900, it now has three rooms than three rooms that can hold at least 35 persons each.

The facility houses a basketball court, pool table, video games, television, computer and other areas one can choose from.

"I like playing pool practicing and getting better, because one day, I am going to beat my mom," said Lincoln Nora, teen center member.

The new facility enables the teen center to provide better support to the youth in the community through existing programs. One of those programs is the Keystone Club.

The club teaches youth leadership skills while organizing and planning events that benefit the community. They can earn volunteer hours. They earn money for college scholarships through fundraisers they held throughout the year.

"This club is wonderful, we provide them with a place to meet and they completely run it themselves," said Cherylee Newton, recreation assistant. "They meet every Thursday at 5:30 p.m. here."

"They can annotate that they were club members on college applications," said Ms. Newton. "It's a great opportunity for them."

"As the director, all I do is oversee their meetings, provide my insight and knowledge and provide assistance if they need help putting together a

function," Mr. Clarke said. "The kids do everything."

"There are a lot more things offered to us, I hope we get to go to Florida this year," said Felicia Lamothe, Keystone Club president.

While it was revamping the old programs, the center started some new some new programs to include: the 4-H Club which builds a world in which youth and adults learn, grow and work together as catalysts for positive change.

"We started this club because a lot of teens have been expressing interest in cooking, baking and other skills and this club will give them that avenue," said Mr. Clarke. "The health and wellness center has agreed to let us use their kitchen to help us get started."

Another new event, "Teen Talent Night," will be held every Saturday beginning at 6 p.m. Whether it is dancing, singing or poetry teens are welcome to come and showcase their talent.

Other new and upcoming events include: white water rafting excursions, paintball, movie night, game night, the book reader's club, homework club and more.

The new events, paired with the new facility are moving the center in a positive direction and the youth will greatly benefit from the changes, and seem quite excited to take advantage of what is offered, said Mr. Clark.

"I like coming here," said Lincoln Nora. "I like being able to go somewhere besides home and hang out my friends."

"Everyday that it is open, I'm here chilling with my friends," said Tanisha Joyner, Keystone Club member.

"We want to make sure our teens have a safe place and good environment where they can go to express themselves and have fun," said Mr. Clarke.

The teen center is open Tuesday through Thursday from 3 until 8 p.m., Friday from 3 until 11 p.m. and Saturday from 5 until 11 p.m. Volunteers are needed to help aid in mentoring on the weekends and for the homework club on Tuesdays, to volunteer call Mr. Clarke at 226-1184.

Wing Appreciation Day



Photo by Airman Erika Brooke

Top: The 48th Dental Squadron played the 48th Logistics Readiness Squadron, during wing appreciation day, Monday. Bottom: Liberty Warriors started Wing Appreciation Day with a 1.5 mile run on the flightline.



Photo by Airman Erika Brooke



Photo by Airman 1st Class Jessica Snow

Top: Louis Honeycutt, 48th Aircraft Maintenance Squadron, serves during a tennis doubles tournament Monday. Louis and his tennis partner Will Adams won their match against a team from the LRS. Left: Maj. Adrian Crowley gets tackled by Chief Master Sgt. Wayne Weyhrach, 48th Logistics Readiness Squadron, play a game of Rugby during in the rain Monday. Major Crowley took the opportunity during the rain delay to teach the LRS troops the rules of Rugby.



Photo by Airman Erika Brooke

HOW THE RUNNER CROSSED THE ROAD A tale of sports nutrition

STAFF SGT. NICHOLASA REED

48TH FIGHTER WING PUBLIC AFFAIRS

How did the runner cross the road? Ask the safety office and they would probably answer by looking both ways first. Ask a sports trainer and they may say wearing the proper footwear. But a dietician will say the runner needs the right kind of fuel.

Planning meals around daily activities can maximize a workout and help burn more calories.

“Planning meals around daily activities can maximize a workout and help burn more calories.”

For those who exercise in the morning —

Rising 10 minutes early to have a bowl of high-fiber cereal and skim milk is a good jump start to the day, said Staff Sgt. Natalie Gatewood, Health and Wellness Center dietician.

The meal contains simple and complex carbohydrates, low-fat protein and fiber. The combination provides the body with a steady rise in energy and a gradual decline that should keep the athlete until lunchtime.

Try timing this meal at least an hour before a workout, suggests WebMD.com. For heavier breakfasts leave two to three hours.

A common mistake many people make is to have a glass of orange juice or a pastry, according to the website. While these are quick grab-and-go items; they provide a sugar rush and a fast drop of energy on the tail end that may leave an athlete weak afterwards, said Sergeant Gatewood.

Lunchtime and after hours PT'ers —

Airmen, who like to squeeze their physical training in during the lunch hour, should gas up on a light snack mid-morning. Items like trail mix, yogurt and granola or a piece of fruit and string cheese are great choices, according to the medical website.

Follow your workout up with a light snack.

Even taking 45 minutes to shower and change before eating can be dangerous.

“You’re more likely to overeat at lunch or dinner. You need to have something in your gym

bag to eat right away. Eating immediately after working out helps maximize your exercise by increasing calorie burn and building more muscle,” said sports nutritionist Susan Kleiner from Seattle, Washington.

Chocolate milk is great post-workout fuel.

“One study compared chocolate milk with a high-end recovery sports drink, and they were both equally effective,” says Kleiner.











No matter what time you workout, dieticians agree eating six small meals a day is ideal. “Listen to your stomach,” said Sergeant Gatewood. “Finish your meal when you are satisfied, not full.”

Timing and planning meals is the best way to ensure a round well-balanced diet.

Whatever time the workout; ensuring a proper diet will provide the energy needed to complete the workout and maximize the benefits.

For more personalized guidance, contact the HAWC at 226-2710.

10 health ideas for snacks and meals to fuel physical activity:

-  Whole-grain cereal, berries, and skim or low-fat milk
-  Oatmeal made with skim milk, sprinkled with crushed flaxseed
-  1/2 whole-grain bagel with peanut butter and banana slices
-  Smoothie made with low-fat yogurt, fresh fruit, and orange juice
-  Poached egg on whole-wheat toast with 1/2 grapefruit
-  Salad with mandarin orange slices, slivered almonds, and veggies, drizzled with olive oil
-  Yogurt parfait with low-fat granola
-  Apple or celery slices with peanut butter and raisins
-  Meal replacement bar, Check the label to make sure it's approximately 220 calories or less.
-  Brown rice and steamed veggies sprinkled with cheese

Tops In Blue to visit RAFL

Tops In Blue, the entertainment showcase of the United States Air Force, will perform at RAF Lakenheath 7:30 p.m., Sept. 8 in Hangar 7.

The 2006 edition of Tops In Blue entitled "What's Love?" continues a long-standing tradition of "family entertaining family" by showing the power of love through music and dance.

Tops In Blue, is an all-active duty U.S. Air Force special unit made up of amateur performers selected for their entertainment abilities. Each year, thousands compete in base talent contests and the most talented move on to higher levels of competition. The result is an elite group composed of 36 vocalists, musicians and dancers. Known as the Air Force's Expeditionary entertainers; the group's main mission is to perform for military personnel and their families throughout the world. Each team begins their tour with an intense 60-day training period at Lackland Air Force Base, Texas, "Home of Tops In Blue".

The performers not only master the instrumental, vocal, choreography and staging requirements of the performance, but also the intricate responsibilities of being their own technical staff. The performing team, under the guidance of five technical personnel, is responsible for setting up more than 42,000 pounds of staging, lighting, audio and special effects equipment required for each performance. They must also become a complete self-contained operational unit with each member being responsible throughout the tour for their own logistical needs, such as ground transportation, airlift, lodging, dining, wardrobe, palletizing, etc.

Celebrating more than 50 years of entertainment history, Tops In Blue represents the U.S. Air Force as one of the oldest and most widely traveled entertainment groups of its kind. Tops In Blue is scheduled to visit bases throughout the United States and more than 10 foreign countries in 2006 showcasing music from performers including the Tina Turner and Huey Lewis, the soul of Barry White and the Temptations, and the All-American country music of Trisha Yearwood and Alan Jackson. The troop also performs tender ballads by artists like Celine Dion, Rod Stewart, and Kelly Clarkson.

Their tour schedule spans more than 120 locations and includes forward-deployed sites in various locations in Iraq, Qatar, Afghanistan and Kuwait.

Senior Airman Danielle Hughs, 48th Communication Squadron and Senior Airman Bethany Schwartzkopf, 48th Contracting Squadron, two Liberty Warriors, will return to their home station to perform for the audience here.

Information courtesy of the Tops In Blue Web site.

- ❖ **2** miles of cable for each performance
- ❖ **1,700** Airmen featured in 50 years of shows
- ❖ **7,000** plus performances since 1953
- ❖ **36,000** pounds of equipment



Pantry stocks more than just food

BY MASTER SGT. RENEE KIRKLAND

48TH FIGHTER WING PUBLIC AFFAIRS

An organization exists on base whose sole purpose is to provide food and infant necessities to people in need.

The Airman's Food Pantry, located in Building 651 is a place where all Airmen, no matter their rank, can get a hand in times of need.

"The pantry serves as a way for the base to reach out to young families who could use a little assistance," said Diane Strand, Airman's Food Pantry director.

The first time a person visits the pantry there is a "no questions asked" policy. After that, a referral is required. It also has a voucher program for new parents.

"People can get referrals from doctors, first sergeants, commanders or the chapel," Mrs. Strand said. "There is no limit for referrals although there can be a point when the referrals system is abused."

The Lakenheath hospital hands out one-time use vouchers to new parents that authorize them to come to the pantry to receive infant formula, diapers, baby wipes and formula.

The pantry also receives cash donations which it uses to meet its customers needs.

"I remember one time when I had to go out and purchase formula for one of our gift certificate recipients," said Mrs. Strand. "We didn't have the type formula needed for the child, so we went out and purchased it."

Infants are not the sole beneficiary of the pantry. The pantry stocks everything from baby food to canned fruits and vegetables, boxed quick-fix meals, ketchup, rice, noodles, cereal and dessert mixes. People can even find unique foreign food staples that were donated by other families upon their departure from the base.

The pantry is run by volunteers from organizations such as Airmen Committed to Excellence, Liberty 56, the Top 3, squadrons and independent volunteers.

The pantry is open Monday, Wednesday and Friday from 10 a.m. until 2 p.m. Donations are accepted during operating hours and should be in good condition, sealed and not expired.

For more information on donating goods or volunteering, call Mrs. Strand at 01638 533 301 or e-mail airmans.pantry@lakenheath.af.mil.

Knowing how to cope with change

BY TIM LITHERLAND

48TH MEDICAL SUPPORT SQUADRON

Change...the only other constant in our world aside from death and taxes right? I'm sure most of you would agree there's been a lot of change around our Air Force lately.

I went through a major life change about 21 months ago, retirement. I never really realized how lucky I was having a uniform to wear until I had to buy civilian clothes and figure out what to wear to work everyday.

Unfortunately, some Air Force families have situations to manage that can't be solved by shopping for new clothes at the base exchange. A minority of our blue suit family even choose to deal with change by consuming too much alcohol or engaging in other questionable personal choices. They try to avoid change by not dealing with it or by drifting along with their lives hoping the change that's bothering them simply goes away.

It's a stretch to say everyone should embrace change. Sometimes change is forced upon you and you're simply left to deal with it whether you want to or not. So, since we know change is inevitable the question is how do we cope with change? There are several ways we can do this.

Family, friends and supervisors are great resources to help you face and cope with change. We're also blessed to be in an organization where in addition to these personal resources we have a dedicated life skills and chapel staff to help support us. I realize not everyone has close family ties or even a friend that they can share everything

with so if you're not comfortable speaking with your supervisor, first sergeant, chief or officer in charge, commander...life skills or a chaplain are there for you.

Remember - don't suffer in silence. As much as we wish it weren't so, sometimes you have to spell it out for those around you that you don't like your new assignment, you're afraid to retrain, or to tell your significant other you'll be deployed for the holidays.

Adapting to your new situation is another way to cope with change. Like you, once I'm settled into a base, a job, my surroundings, I'm not interested in change as I'm very comfortable where I am; thank you. You can adapt to your changed environment by rising to the challenge of a new job. By completing additional training or furthering your civilian education you'll up your game and reduce your stress level. This approach also builds your confidence further helping you to cope with change. It's also important to remember that no assignment, deployment or duty lasts forever...even though it doesn't seem like it sometimes. Adapting to and accepting your surroundings will help the time to pass and will soon move you along to that job, assignment or goal you're really after.

Overcoming change is another way to cope. Sometimes our expectations are set too high or low and require adjustment. It's a rare Airman who can make chief at 14 years in service...it can be done but only by a very select few of overwhelmingly talented individuals. If you're supervising a troop who is having a difficult time completing their career development course, a more realistic goal for them would be to get their

5 skill level first instead of concentrating on a promotion that lies in the distant future. Just like the Promotion Fitness Examination study guide says—goals must be realistic and obtainable. You can overcome your poor pretest scores by buckling down, getting a study partner. Similarly, you can overcome your anxiety about retraining or a Permanent change of station to an "exotic" new northern tier duty location by learning everything you can about it. Taking charge of the situation will help you overcome your fear and apprehension of those life changes coming your way. By adjusting your attitude and focus you'll match new and old customer, supervisor, mission and commander expectations. Staying customer focused not only helps you overcome change but also improves your job satisfaction. This also helps reduce the stress that inevitability accompanies that PCS, promotion or new job.

By coping with change appropriately and not ignoring it, even though you don't embrace change, you'll be able to control to a large degree how change impacts you. The worse thing you can do is ignore change. Wishful thinking about retraining, that upcoming assignment or job change you were "volun-told" to take or a change in home life conditions have to be faced. Failing to deal with change creates a dangerous situation that could result in a much more serious problem than that next PCS.

Whether it's retirement, a new job or a deployment, if you feel that change is overwhelming remember you don't have to face it alone, your Air Force family is there to help you cope.

My little friend

Airman 1st Class Juan Ortiz and Staff Sgt. Alejandro Rodriguez, 48th Civil Engineer Squadron, load a F6A robot into an explosive ordnance device trailer during an exercise at RAF Feltwell Aug. 23. The explosive ordnance troops train on the F6A robots to keep up their proficiency. The robot is used to handle and dismantle improvised explosive devices at home and downrange.



Photo by Airman 1st Class Jessica Snow



Discover Britain



By Sal Davidson - Community Relations Adviser

The proms annual music festival

What is a Prom?

A Prom is a Promenade Concert, or a concert where part of the audience stands in a "promenade" area of the hall.

The British Broadcasting Corporation Proms is an annual music festival from mid-July to mid-September and comprising more than seventy Prom concerts.

The History of the Proms:

The first Proms concert took place in 1895 and was the brainchild of impresario Robert Newman, manager of the newly built Queen's Hall in London. His aim was to let symphony orchestras reach a wider audience by offering more popular programmes, adopting a less formal promenade arrangement and most of all keeping the ticket prices low to attract more people. Before these cheaper tickets, many people would not have been able to enjoy these types of performances.

Henry Wood was to be the conductor. Henry had begun to make a name for himself as an organist, vocal coach and a conductor of choirs and orchestras. Newman arranged to meet Wood at the Queen's Hall one spring morning in 1894 to talk about the project. 'I am going to run nightly concerts to train the public in easy stages' he explained. 'Popular at first, gradually raising the standard until I have created a public for classical and modern music.'

The series was known as 'Mr. Robert Newman's Promenade Concerts.' The cheap tickets encouraged the informal atmosphere. They were particularly keen to introduce audiences to an ever-wider range of music and they also promoted young talented performers to make a name for themselves and raise orchestral standards.

The onset of the World War I brought a public dislike for all things German and bearing in mind many of the composers were German this led to problems with audience numbers. In 1915 the publishers, Chappell and Co., took over the lease of the hall and the orchestra when Newman ran into financial difficulties.

But the Proms were running at a loss and in 1927 Chappell's announced its withdrawal of financial support. The BBC took over the Proms and for three years the concerts were given by 'Sir Henry Wood and his Symphony Orchestra' until the BBC Symphony Orchestra was formed in 1930.

New Home at The Royal Albert Hall:

Three days after Britain declared war on Germany, the BBC decentralised its music department and announced that it was unable to support the Proms. With his characteristic determination Henry Wood found private sponsorship for the 1940 and 1941 seasons. Air raids intensified and the 1940 season lasted only four weeks. In May 1941 a Luftwaffe bombardment gutted the Queen's Hall and the following season saw the Proms move to its current home of the Royal Albert Hall and the BBC resumed its sponsorship.

Moving Forward:

The 1950's saw a move to get more orchestras involved in performing and the next few years saw concerts by non-London based orchestras such as the Liverpool Philharmonic and the Bournemouth Symphony. Other innovations were introduced such as non-Western Cultures, music for percussion, jazz, gospel and concerts devised especially for children.

The 100th Prom season took place in 1994 and the season now includes over 70 concerts every year. Every Prom is broadcast live on BBC Radio 3, On Air and Online and in 2005 more Proms were broadcast on BBC television than ever before.

Although the scope of the Proms has increased throughout the years, Henry Wood's main concept had remained the same: to present the widest possible range of music, performed to the highest standards, to large audiences.

Where to Get Tickets:

The 2006 Proms season runs from July 14 until Sept. 9. By far the most popular concert

is the 'Last Night of the Proms.' The Last Night of the Proms is one of the most popular classical music concerts in the world, watched and listened to by an audience of many millions around the globe.

Up to 1,400 standing places are available at each Proms concert at the Royal Albert Hall. The traditionally low prices allow you to enjoy world-class concerts for just £5 each.

There are two standing areas: the Arena, located directly in front of the stage, and the Gallery, running round the top of the Hall. All spaces are unreserved.

Over 500 Arena and Gallery tickets (priced £5) go on sale on the day 30 minutes before doors open (one hour before on days when there are Pre-Prom Talks). These tickets cannot be booked in advance, so even if all seats have been sold, you always have a good chance of getting in (though early queuing is obviously advisable for the more popular concerts). You must buy your ticket in person, and can pay in cash only.

What is Promming?

Part of the Proms audience has always stood in the arena, directly in front of the orchestra, and many consider this the best position in the hall. However, you can also stand high up in the Gallery and just let the sound drift up to you.

To book online and for more information visit the Web sites, www.royalalberthall.co.uk or www.bbc.co.uk/proms.

Proms in the Park:

On Saturday Sept. 9 this year's Proms in the Park concert takes place. This is the tenth year and it brings the atmosphere of the Last Night of the Proms simultaneously to audiences in England, Wales, Scotland and Ireland with all six National Orchestras performing.

Tune into the BBC to be part of this spectacular event which sees more than 1,500 musicians and world class performers.

For more information, call Sal Davidson at 226-3145 or e-mail her at

sal.davidson@lakenheath.af.mil



Exercise the right!

Sept. 3-9 is Armed Forces Voters Week—an event that promotes awareness of the military members' right to vote. Although it is not a presidential election year, there is a lot going on politically. Federal elections will be held Nov. 7 to decide 435 seats in the House of Representatives, as well as numerous Senate seats and state governors. In order to vote, servicemembers or eligible dependents must fill out an SF 76, Federal Post Card Application. This form notifies voting officials of your overseas address for the absentee ballots. Members who will be deployed during the election should fill out a SF 76 for their deployed location to receive a ballot. For forms or assistance, contact your unit voting assistance officers, e-mail vote@lakenheath.af.mil, or call the voting hotline at 226-9376.

WAPS 06E9 test notification

The testing dates for the 2006 E-9 weighted Airmen Promotions testing cycle are Sept. 12 through 15. For more information, contact your unit WAPS monitor.

Student dependent travel voucher

Servicemembers may fill out a dependent travel voucher at the finance office each time a student dependent moves in or out of the U.K.

The information provided affects cost of living allowances and authorizes the one annual round-trip ticket for the dependent student between the duty location and the student's school location in the U.S. For more information, call 226-1358.

Free Scrapbooking

A scrapbooking and crafter crop will be Sept. 9, 5 p.m. to midnight at the Lakenheath High School cafeteria. Bring your own snacks and drinks. For more information e-mail Kami McManus at wkbm2001@yahoo.com or call 07776 254 609.

Tops In Blue

Tops In Blue needs volunteers Sept. 8 to be ushers and stage assistants, as well as help with set-up and tear down.

For more information, call 48th Avenue at 226-4884.

Medical reduction in care

The 48th Medical Group will experience decreased appointment availability in primary care, specialty and dental clinics now through late January.

As necessary, the 48th MDG will expand its hours or create weekend schedules in order to meet the demand in the primary care and dental clinics for those patients enrolled at the RAF Lakenheath facility.

Other options available for medical support are the 24-hour nurse advice line, 0800 896 409, the "Take Care of Yourself Handbook," or Tricare online, www.tricareonline.com. For more information, visit www.ha.osd.mil/AHLTA.

Traffic awareness

Slow-moving vehicles will transit the base Monday from 8 to 10 p.m., causing a temporary inconvenience to traffic between Gate 1 and base housing. Patience is required along Yarmouth, Norwick and Bangor roads. Plan accordingly.

Youth swimming club

The Barracuda Swim Club started practices for the 06-07 season. Youth swimmers, elementary through high school age, from RAFs Lakenheath and Mildenhall are eligible to join the team. For more information, call Tracy McWilliams at 01842 829 855.



Briefs

Volunteers need

The Hispanic Heritage Council is looking for volunteers for the Hispanic Heritage month events. For more information e-mail Monique Pendleton at pen_benmo@yahoo.com.

MOVIES

RAF Lakenheath 226-2139

Today

6:30 p.m. The Lake House, PG, starring Sandra Bullock and Keanu Reeves. An independent-minded doctor who once occupied an unusual lakeside home begins exchanging love letters with its newest resident, a frustrated architect. When they discover that they're actually living two years apart, they must try to unravel the mystery behind their extraordinary romance before it's too late.

9 p.m. Nacho Libre, PG, starring Jack Black and Hector Jimenez. Nacho is a man without skills. After growing up in a Mexican monastery, he is now a grown man and the monastery's cook, but doesn't seem to fit in. Nacho cares deeply for the orphans he feeds, but his food is terrible—mostly, if you ask him, a result of his terrible ingredients. He realizes he must hatch a plan to make money to buy better food for "the young orphans, who have nothing" (and if in doing so Nacho can impress the lovely Sister Encarnacion, that would be a big plus). When Nacho is struck by the idea to earn money as a Lucha Libre wrestler, he finds that he has a natural, raw talent for wrestling.

Saturday

1:30 p.m. Garfield: A Tail of Two Kitties, PG, starring Bill Murray and Jennifer Hewitt. When Garfield follows his owner, Jon Arbuckle, to England, the U.K. may never recover, as Garfield is mistaken for a look-alike, regal cat who has inherited a castle. Garfield savors the royal treatment afforded by his loyal four-legged subjects, but his reign is in jeopardy. The nefarious Lord Dargis is determined to do away with Garfield, so he can turn the castle into a resort. Garfield's bigger, better, more purr-fect world is soon turned upside down in this tale of two kitties.

3:30 p.m. Garfield: A Tail of Two Kitties, PG

6:30 p.m. Nacho Libre, PG

Sunday

3 p.m. Invincible, PG, starring Mark Wahlberg and Greg Kinnear. When the coach of Vince Papale's beloved hometown football team hosted an unprecedented open tryout, the public consensus was that it was a waste of time—no one good enough to play professional football was going to be found this way. Certainly no one like Papale—a down-on-his-luck, 30 year old, substitute teacher and part-time bartender who never even played college football. But against these odds, Papale made the team and soon found himself living every fan's fantasy—moving from his cheap seats in the upper deck to standing on the field as a professional football player.

6:30 p.m. Invincible, PG

Monday

6:30 p.m. Nacho Libre, PG

Tuesday

6:30 p.m. Invincible, PG

Wednesday

6:30 p.m. Invincible, PG

Thursday

6:30 p.m. Nacho Libre, PG

RAF Mildenhall 238-4955

Today

6:30 p.m. Click, PG-13, starring Adam Sandler and Christopher Walken. A workaholic architect, who has been overlooking his family in favor of his career, comes across a universal remote that allows him to perform TiVo-like functions on his life, such as pausing events or fast-forwarding over them. When the remote begins creating its own memory and choosing what to fast-forward over, the man sees how much of his personal life has passed him by and realizes the importance of spending more time with his family.

9 p.m. Waist Deep, R, starring Tyrese Gibson and Meagan Good. "I'll always come back for you", single father O2 tells his young son Junior. This parental promise is put to the test when O2 is suddenly plunged into a do-or-die situation; trying to go straight for Junior's sake, this recently paroled ex-con is forced to go back outside the law after his son is kidnapped in a carjacking. The resulting chase and shootout have left Junior in the hands of Meat, the vicious leader of the Outlaw Syndicate. O2's shady cousin Lucky tries to mediate, but is caught between criminal and family loyalties.

Saturday

3:30 p.m. Click, PG-13

6:30 p.m. Waist Deep, R

9 p.m. Snakes On A Plane, R, starring Samuel L. Jackson and Nathan Phillips. A ruthless assassin unleashes a crate full of lethal snakes aboard a packed passenger jet over the Pacific Ocean in order to eliminate a witness in protective custody. The rookie pilot and frightened passengers must band together to survive.

Sunday

3:30 p.m. Click, PG-13

6:30 p.m. Waist Deep, R

Monday

6:30 p.m. Superman Returns, PG-13, starring Brandon Routh and Kate Bosworth. Following a mysterious absence of several years, the Man of Steel, Superman, comes back to Earth—but things have changed. While an old enemy plots to render him powerless once and for all, Superman faces the heartbreaking realization that the woman he loves, Lois Lane, has moved on with her life. Or has she? Superman's bittersweet return challenges him to bridge the distance between them while finding a place in a society that has learned to survive without him.

Tuesday

6:30 p.m. Click, PG-13

Wednesday

6:30 p.m. Waist Deep, R

Thursday

6:30 p.m. Invincible, PG



Briefs

Thrift Store

The Lakenheath Thrift Store will be closed today for inventory. The Thrift Store will reopen 10 a.m. Sept. 5.

New store hours begin Sept. 5: Tuesday and Thursday 10 a.m. to 2 p.m. and Wednesday 1 to 6 p.m. Consignments will be accepted Tuesday and Thursday from 10 a.m. to 12:30 p.m. and Wednesday from 1 until 4 p.m. Military in uniform may bring consignments until 5 p.m. For questions contact, the Thrift Store at 01638 522 987.

U.K. electoral census forms

Servicemembers and American citizens stationed overseas who receive an U.K. electoral census form in the mail are responsible for returning it. American citizens may not vote in the U. K. elections. Recipients should select the box "no one eligible" and return the form by post.

Lakenheath Chapel schedule

Catholics:

Saturday Mass 5 p.m.

Sunday Mass 9:30 a.m.

Holy Day Mass 11:30 a.m. and 6 p.m.

Reconciliation, Saturdays 4 to 4:20 p.m. or by appointment.

Protestant

Liturgical services 8 a.m.

Traditional Protestant service 11 a.m.

Gospel service 12:30 p.m.

Contemporary service 4:30 p.m.

For more information about worship times or other chapel programs call, 226-3711.

Holiday bazaar volunteers

Bakers and other volunteers are needed for the 2006 Lakenheath Holiday Bazaar in September.

For more information, call Meredith Colquitt at 01353 661 293 or e-mail her at lakenheath_holiday_bazaar@yahoo.com.

Airman and Family
Readiness Center

(For more information call 226-3847)

Newcomers bus tour

Newcomers bus tours are 8:45 a.m. until 2:45 p.m., Sept. 8, 15, 22 and 29. The tour includes visiting the historical town of Bury St. Edmunds, the cathedral, eating in a pub, shopping and free time to explore.

Sponsor training

Sponsor training is 1 to 3 p.m., Sept. 11. All first-time active duty sponsors and those who have not had training in over a year are required to attend the training.

Pre-separation briefing

A pre-separation briefing is 9 to 11 a.m. Sept. 12 and 1 to 3 p.m. Tuesday and Sept. 26.

This class fulfills the mandatory requirement for all personnel retiring or separating from the military.

Resume writing course

A resume writing and interview techniques course is 9 to 11 a.m., Sept. 14.

This class teaches basic resume formatting with sample resumes as well as interviewing skills and techniques. Individuals are welcome to bring a copy of a resume for review by the class.

4-Day TAP workshop

A 4-day transition assistance program workshop is 8:30 a.m. to 4 p.m., Sept. 19 to 22. The TAP workshop includes effective resumes writing, proper interviewing techniques and successful job searching methods.

Pet scoop

The pet scoop class is 3 to 5 p.m., Sept. 20. A pet specialist will assist military families to properly plan for shipping their pets.

Bundles of babies

A bundles for babies class is 9 a.m. to noon Sept. 14. This is an educational program for expecting parents.

Employment connections

An employment connections class is 9 a.m. to noon Sept. 11. The class covers the local labor market and the available jobs on and off base. A personnel specialist will be available to answer questions concerning hiring procedures.